



Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

JUNE 2018

All-at-Once Spaghetti Tossed Salad Creations Garden Patch Bean & Pasta Salad Pick-a-Berry Cobbler

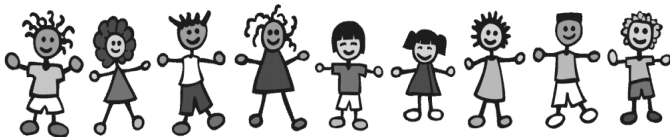
All-at-Once Spaghetti

1 pound lean ground beef
1/4 cup chopped onion
2 cans (15 ounces each) tomato sauce, low sodium preferred
1 1/2 cups water
1 can (8 ounces) mushrooms, optional
1/4 teaspoon oregano
Salt and pepper to taste
5 ounces (or about 1/3 of 16-ounce package) uncooked whole-wheat/whole-grain spaghetti
Parmesan cheese, optional



1. In a skillet, brown ground beef and onion. Drain and rinse any excess fat.
2. Add tomato sauce, water, mushrooms (if using), oregano, salt and pepper. Bring to a boil.
3. Break spaghetti into smaller pieces. Add a little at a time, stirring into sauce to keep separated.
4. Cover tightly. Simmer 20-30 minutes. Stir occasionally near end of cooking time.
5. Top with parmesan cheese if desired.

Nutrition Note: This recipe makes 5 servings. Each serving (without mushrooms and using low-sodium tomato sauce) has 320 calories, 10 grams of fat, 25 grams of protein, 36 grams of carbohydrates and 120 milligrams of sodium.



Tips for a Happy & Healthy Family

Be a positive parent. Life can be stressful at times. Create routines and give love and support to your child. He will behave better and be less likely to become upset.

Source: www.numatters.com

Why breastfeed?



"It is best for the baby. It helps mom and baby in many ways."

~ WIC Breastfeeding Mom from Lake Region WIC

For more information about breastfeeding, check out our breastfeeding website at www.ndhealth.gov/breastfeeding.

Tossed Salad Creations

Salad Greens: spinach, spring mix, leaf lettuce, romaine, Bibb
vegetables and fruits: tomatoes, broccoli, carrots, celery, zucchini, cucumbers, avocado, grapes, pineapple, melon, dried cranberries, berries
Dressing: purchased salad dressing (reduced-fat preferred), vinegar and oil, yogurt
Toppings: garbanzo or other beans (rinsed), shredded cheese, hard cooked egg slices, toasted nuts

1. Select salad greens. Wash, dry and tear into bite-size pieces.
2. Choose a colorful combination from the vegetables and fruits listed or use your own ideas. Wash and cut into bite-size pieces. (Grapes and nuts should be chopped for young children as they are a choking hazard)
3. Add vegetables and fruits to the greens.
4. Decide on a dressing and drizzle over salad.

Recipe Source: Minnesota WIC Program



Beat the Heat

The hot days of summer are coming. Beat the heat with healthy drinks like water and limit soda and other sugary drinks.

Enjoy water by:

- Drinking cold water with ice.
- Keeping a pitcher of water in your refrigerator.
- Trying a squeeze of lemon or lime in your water.
- Trying sugar-free drink mixes. There are a variety of flavors, such as raspberry, strawberry and peach.
- Making a pitcher of unsweetened ice tea.
- Drinking bottled water if your water is unsafe to drink.
- Buying unsweetened flavored waters.



Source: www.numatters.com

Garden Patch Bean & Pasta Salad

- 1 package (16 ounces) whole-wheat/whole-grain pasta or 2-3 cups brown rice, uncooked
- 2 cups raw vegetables, cut into bite-sized pieces, such as green or red pepper, zucchini, broccoli, cabbage, cauliflower, carrots, green beans, pea pods, celery, onion or cucumber
- 1 can (15-16 ounces) beans, drained and rinsed, such as garbanzo, black or pinto or 1½ cups cooked dry beans

Dressing

- ½ cup light mayonnaise
- ½ cup fat-free sour cream or plain yogurt
- 2 tablespoons Dijon mustard
- 1 tablespoon lemon juice or white vinegar
- ½ teaspoon herbs such as dill, oregano, basil



1. Cook pasta or rice according to package directions. Drain and rinse with cold water.
2. In a large bowl, mix vegetables, beans and pasta.
3. In a separate bowl, mix dressing ingredients. Purchased Caesar, Italian or another favorite salad dressing can also be used.
4. Pour dressing over salad mixture and stir gently to blend.

Recipe Source: Minnesota WIC Program

Nutrition Note: This recipe makes 8 servings. Each serving has 320 calories, 7 grams of fat, 14 grams of protein, 56 grams of carbohydrates and 370 milligrams of sodium.



The Pick-WIC Paper is developed for the Special Supplemental Nutrition Program for Women, Infants and Children.

~~WIC Because You Care~~

 NORTH DAKOTA
DEPARTMENT of HEALTH

800.472.2286

www.ndhealth.gov/wic



Turn Off the TV



Fly a kite. Blow bubbles. Safely follow wherever they go!

Pick-a-Berry Cobbler

- 2 cups raspberries, blackberries, blueberries or combination, fresh or frozen
- ½ cup white sugar
- 1 large egg, well beaten

Topping

- 1½ cups all-purpose flour (Whole-wheat flour can be used for up to ½ of the flour in this recipe.)
- 2 teaspoons baking powder
- ½ cup white sugar
- 1 large egg, well beaten
- ½ cup fat-free or 1% milk
- ½ cup butter or margarine, melted



1. Heat oven to 425 degrees. Spray an 8-inch baking pan with nonstick cooking spray.
2. Combine berries (if using frozen berries, thaw and drain first), sugar and egg in prepared pan.
3. Make topping by mixing flour, baking powder and sugar in a medium bowl.
4. In a separate bowl, mix egg, milk and melted butter. Stir gently into topping mixture. Spread over berries in pan.
5. Bake for 30 minutes.

Recipe Source: Minnesota WIC Program

Nutrition Note: This recipe makes 8 servings. Each serving has 320 calories, 13 grams of fat, 5 grams of protein, 48 grams of carbohydrates and 240 milligrams of sodium.

GROWING HAPPY FAMILIES



Mastering Meals

Keep in mind, we are talking about the how of eating, not the what. Meals are when you take time to eat and pay attention to your food. Family meals are when everyone sits down together and shares the same food.

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<https://www.ellynsatterinstitute.org/how-to-eat/mastering-meals-step-by-step>